



HEALTHY AGING

LIVE LONG. LIVE HEALTHY



CREATING A LEGACY FOR HEALTHY AGING

Healthy Aging Project Partnership



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Healthy Aging Project

•Mission

- Improve health status of older adults

Guiding principles

Community involvement/ Sustainable infrastructure

Cultural/ethnic diversity

Measure outcomes

Focus on prevention activities



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Healthy Aging Project

- **Legacy goals**
 - Long-term:
 - ✓ Reduce morbidity and premature mortality
 - Intermediate (all older adults):
 - ✓ 5+ servings of fruits & vegetables
 - ✓ 30+ minutes moderate physical activity
 - Short term (five years, all older adults):
 - ✓ Start/continue to exercise and eat healthier



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Project Background

- **2002-2004**

- **Goal:** Address existing/emerging issues, target grp
- **Objective:** By September 2007...community health initiative...

Initial discussions

DOH , Executive Office on Aging (EOA)

County aging offices (AAA)

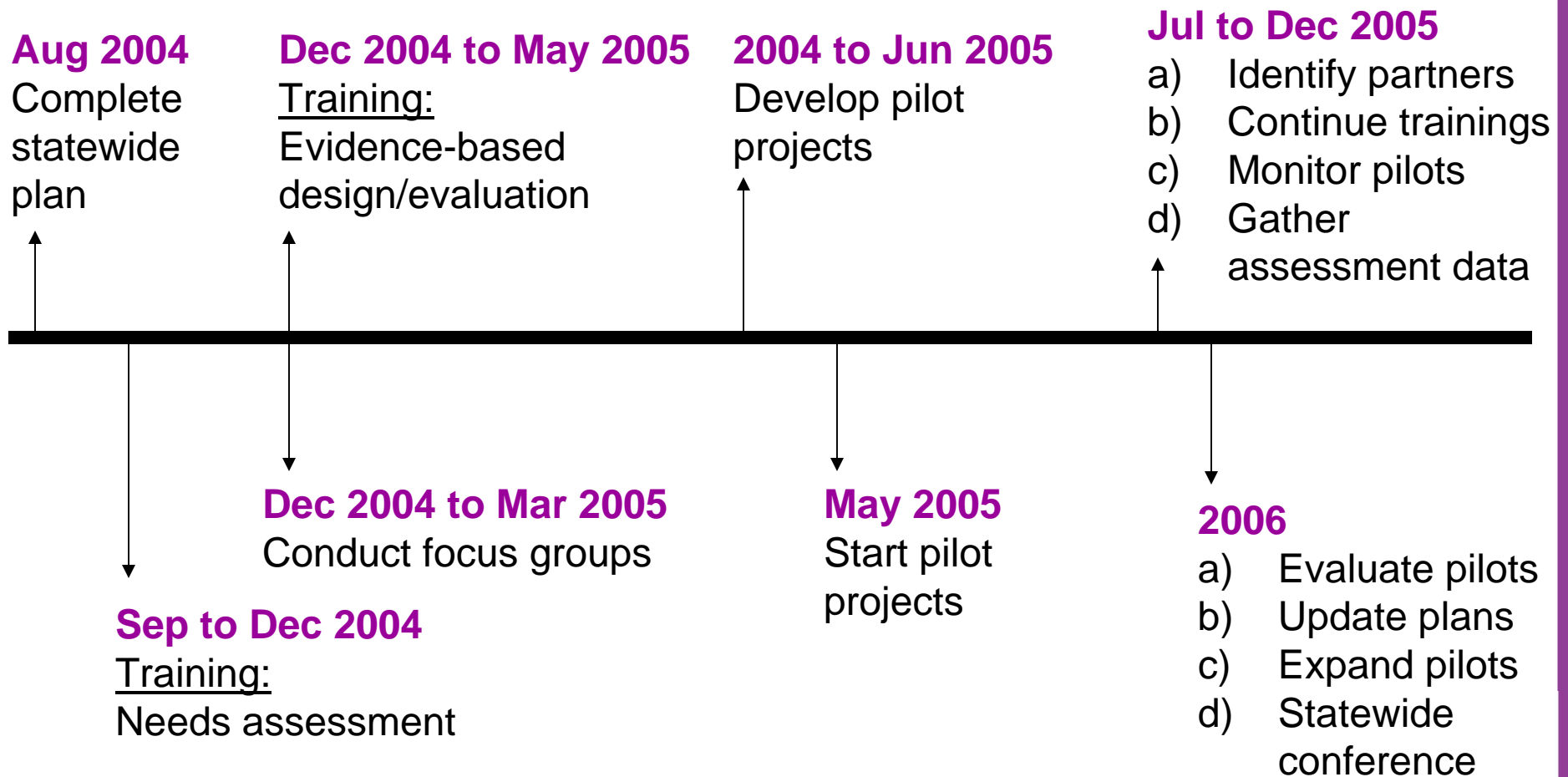
University of Hawaii

Statewide Planning



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Working Timeline



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Status Report

- **Current Pilot Projects**
 - **Kauai:** KAEA, DHO, community partners
 - ✓ Physical activity program at a meal site
 - **Oahu:** EAD, AARP, Lanakila Rehab Center
 - ✓ Walking program at a meal site
 - **Maui County:** DHO, MCOA, Parks & Rec
 - ✓ Tai chi at a community center
 - **Hawaii County:** HCOA, Nutrition Program, DHO
 - ✓ Physical activity program at a meal site



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What We've Learned

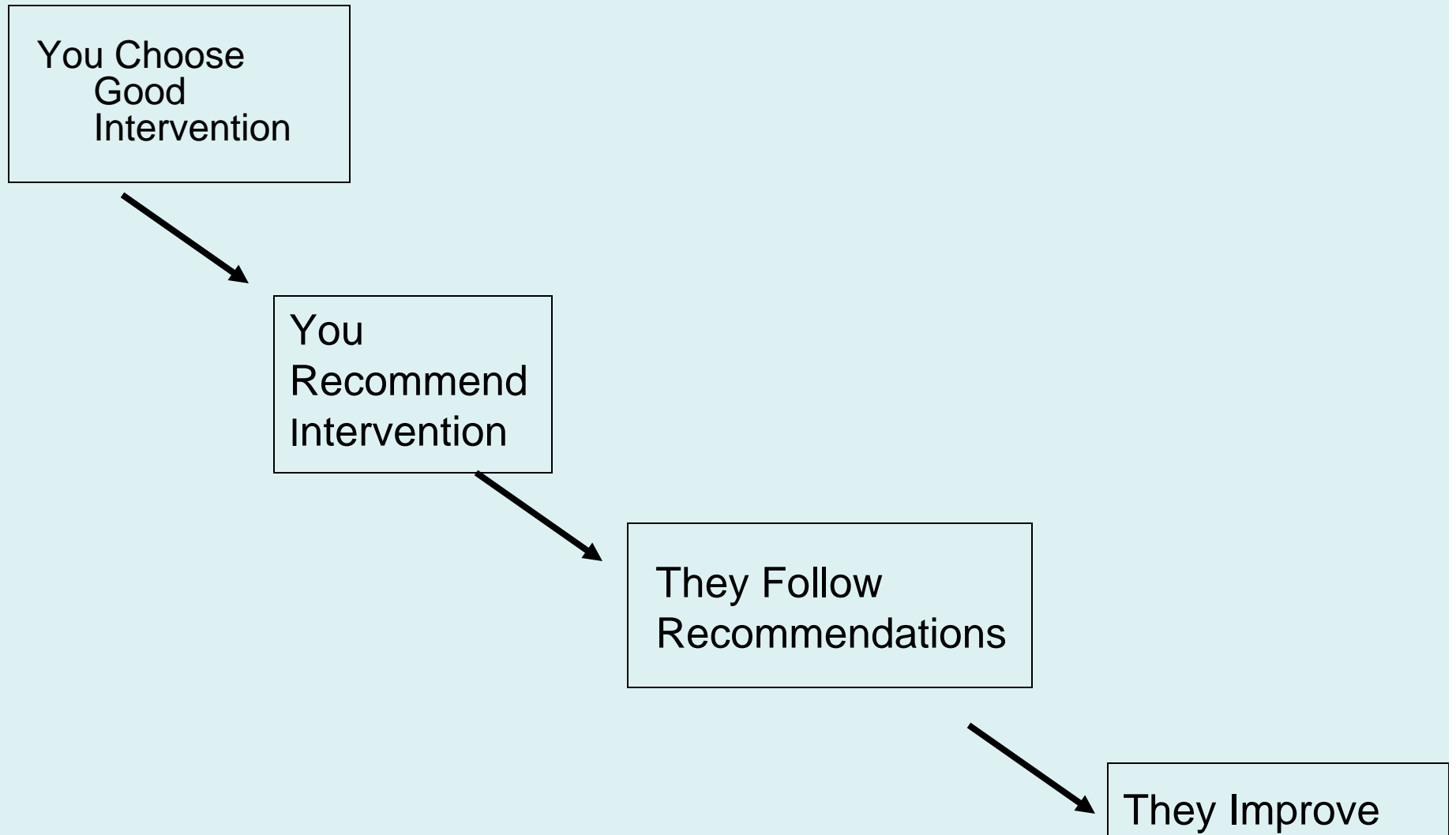
- Capacity building
- Supportive environment
- One-on-one mentoring
- Value of logic models and evaluation plans
- Ripple effect of trainings



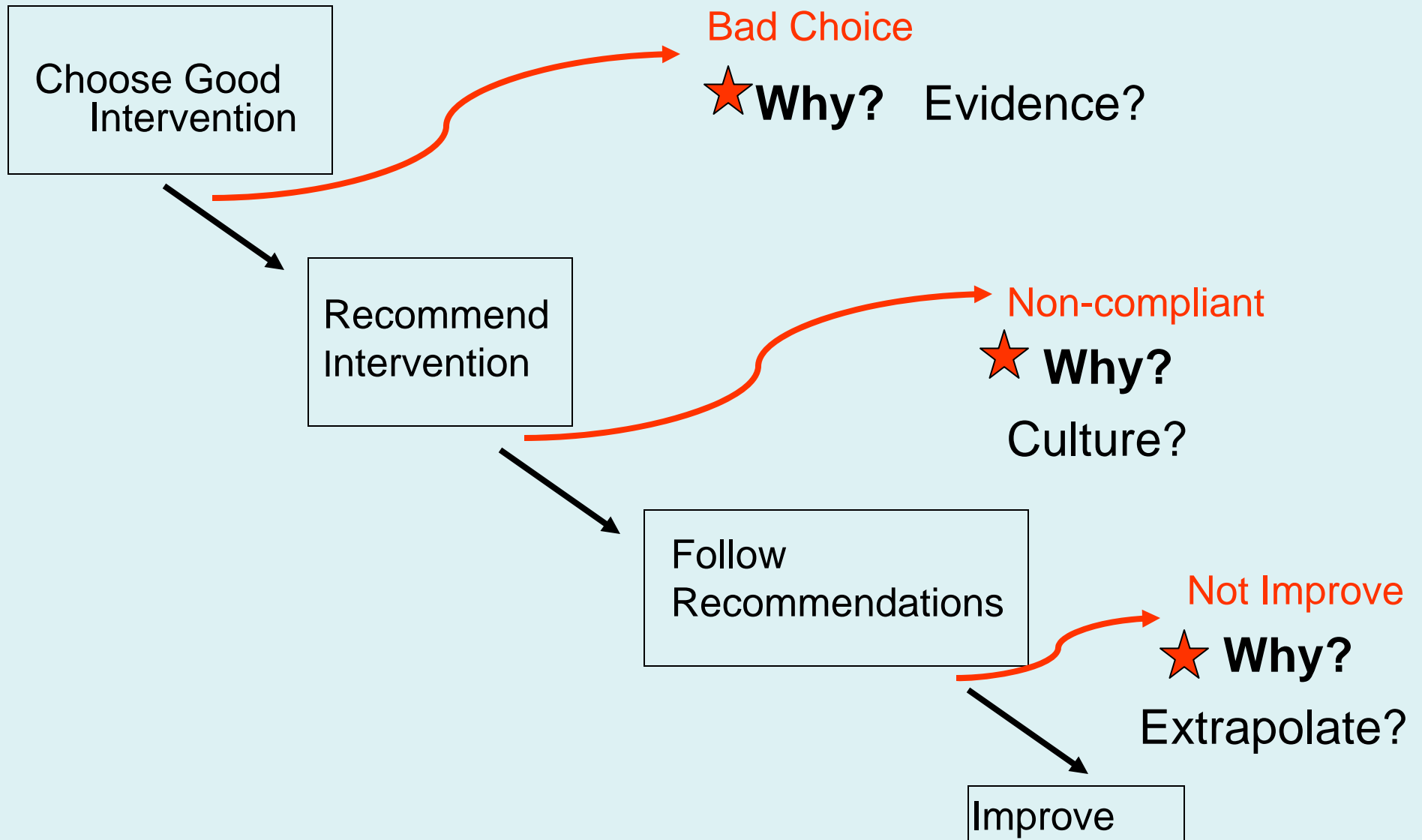
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Measuring Impact of Public Health Programs

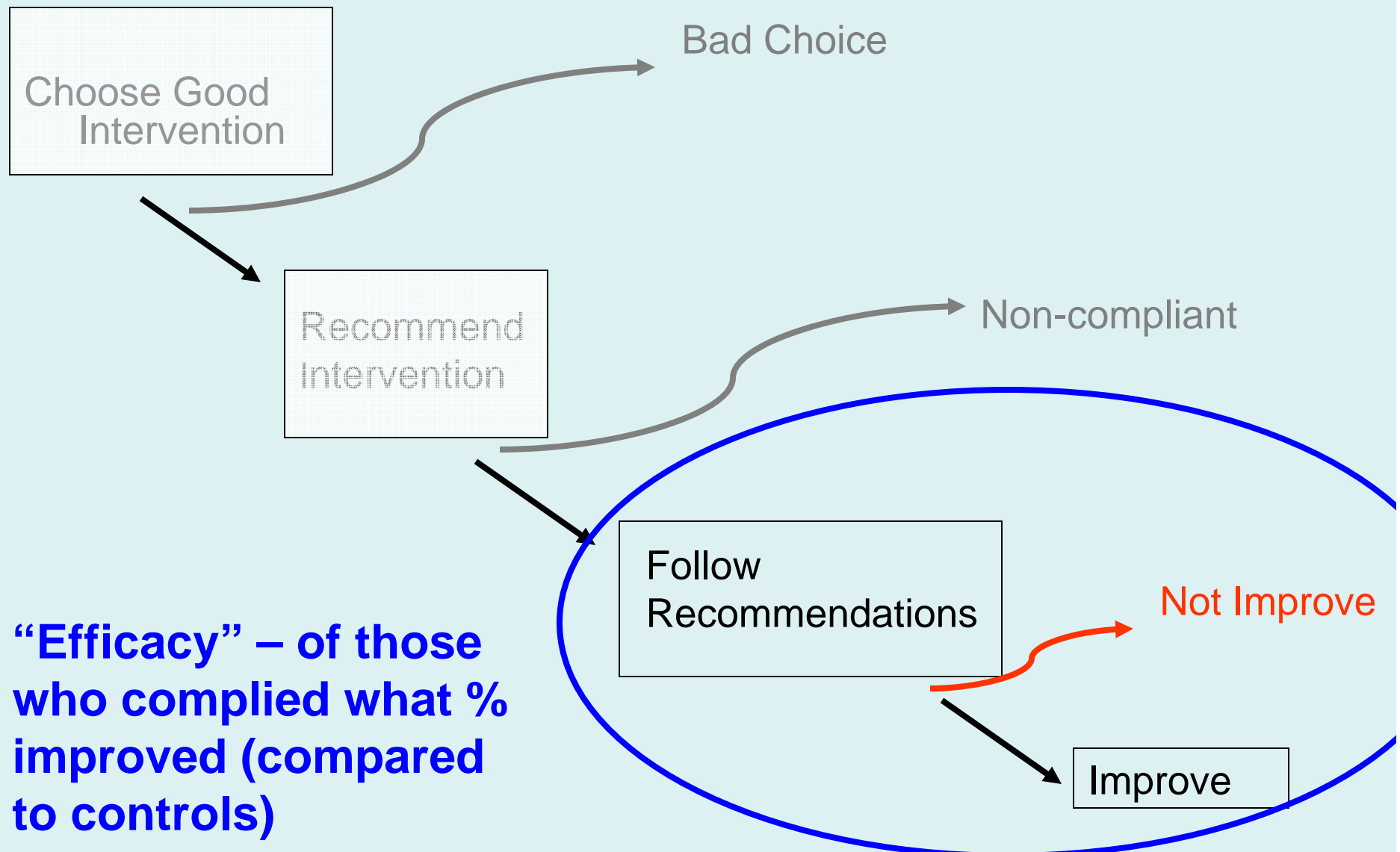
Action Based



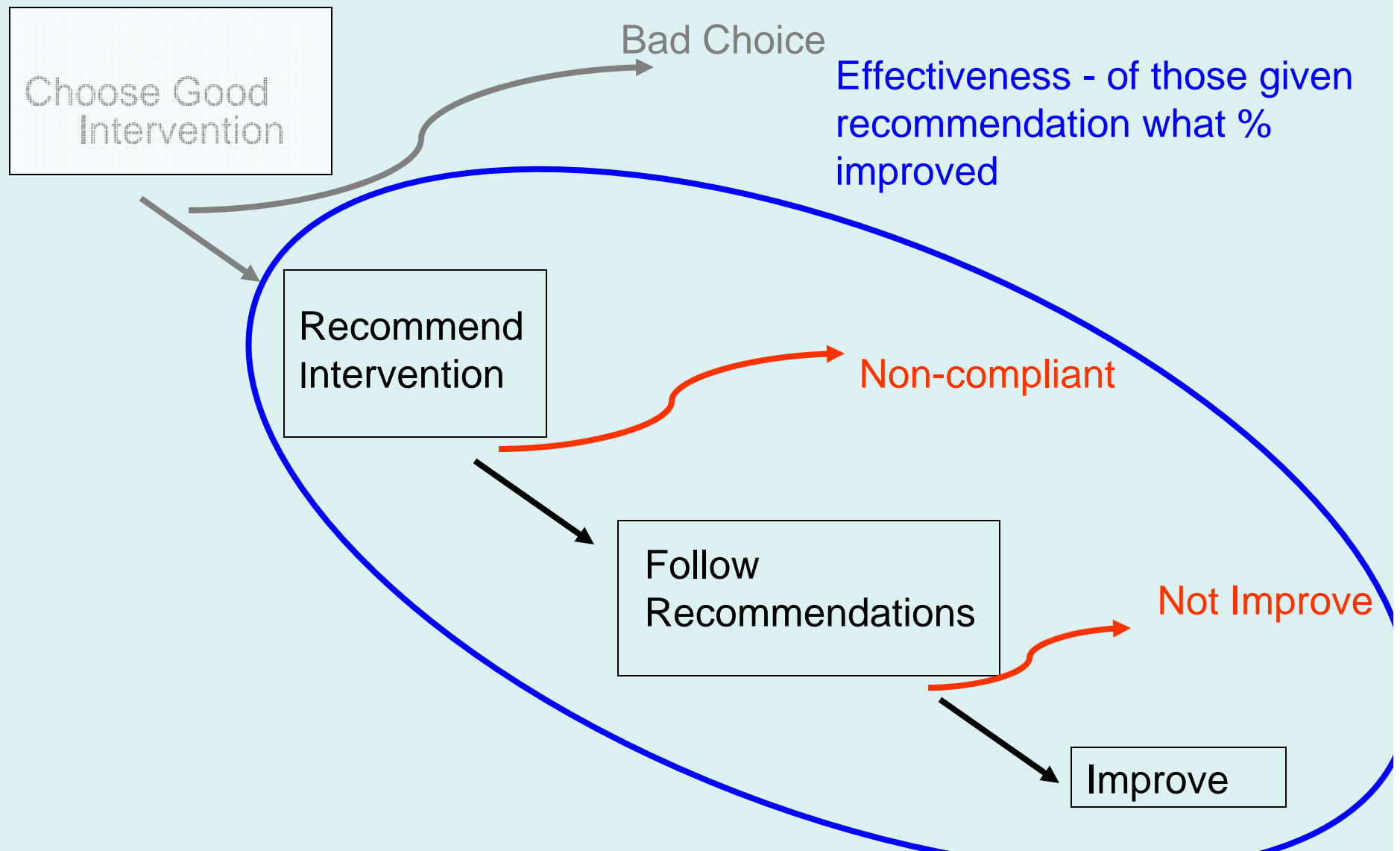
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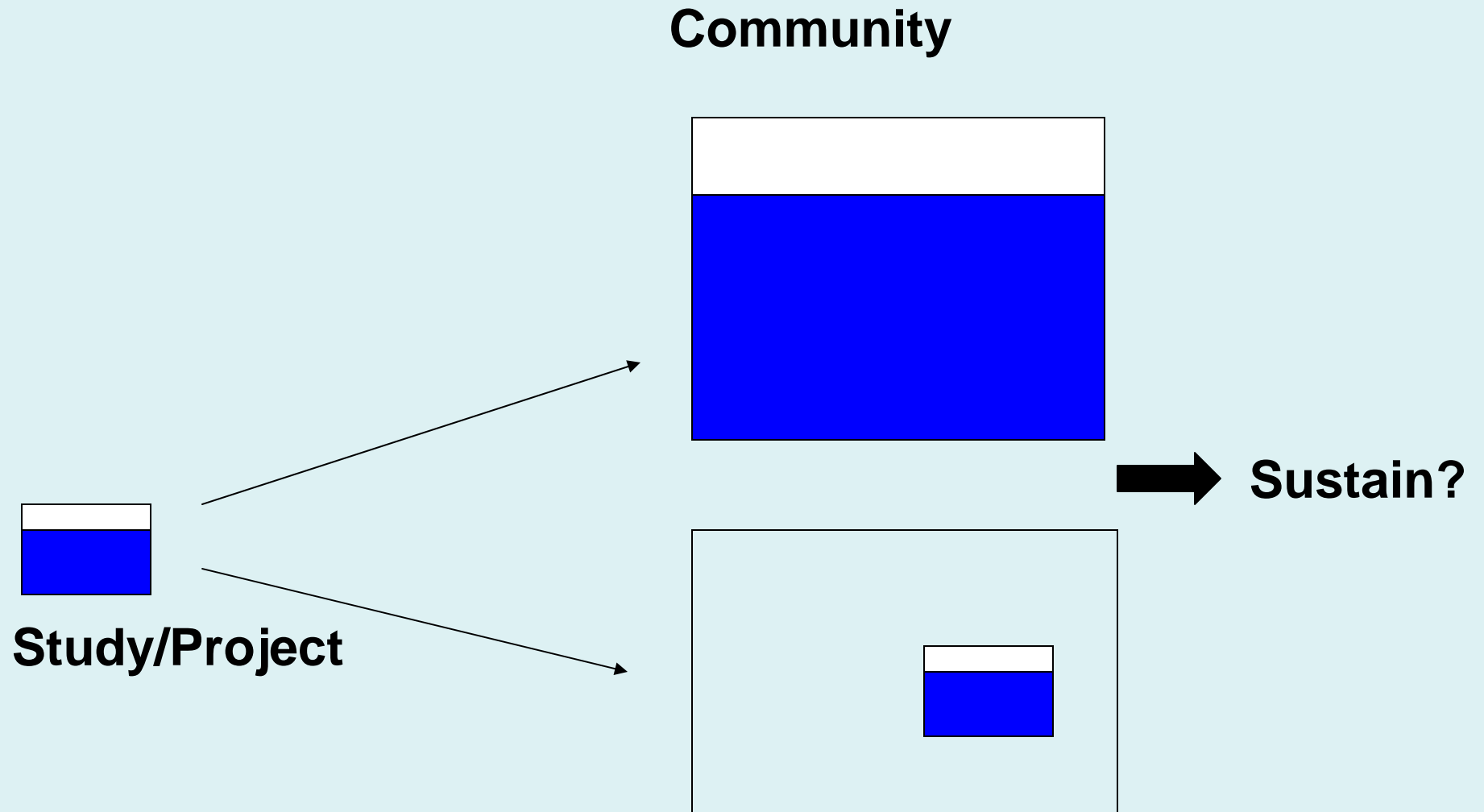
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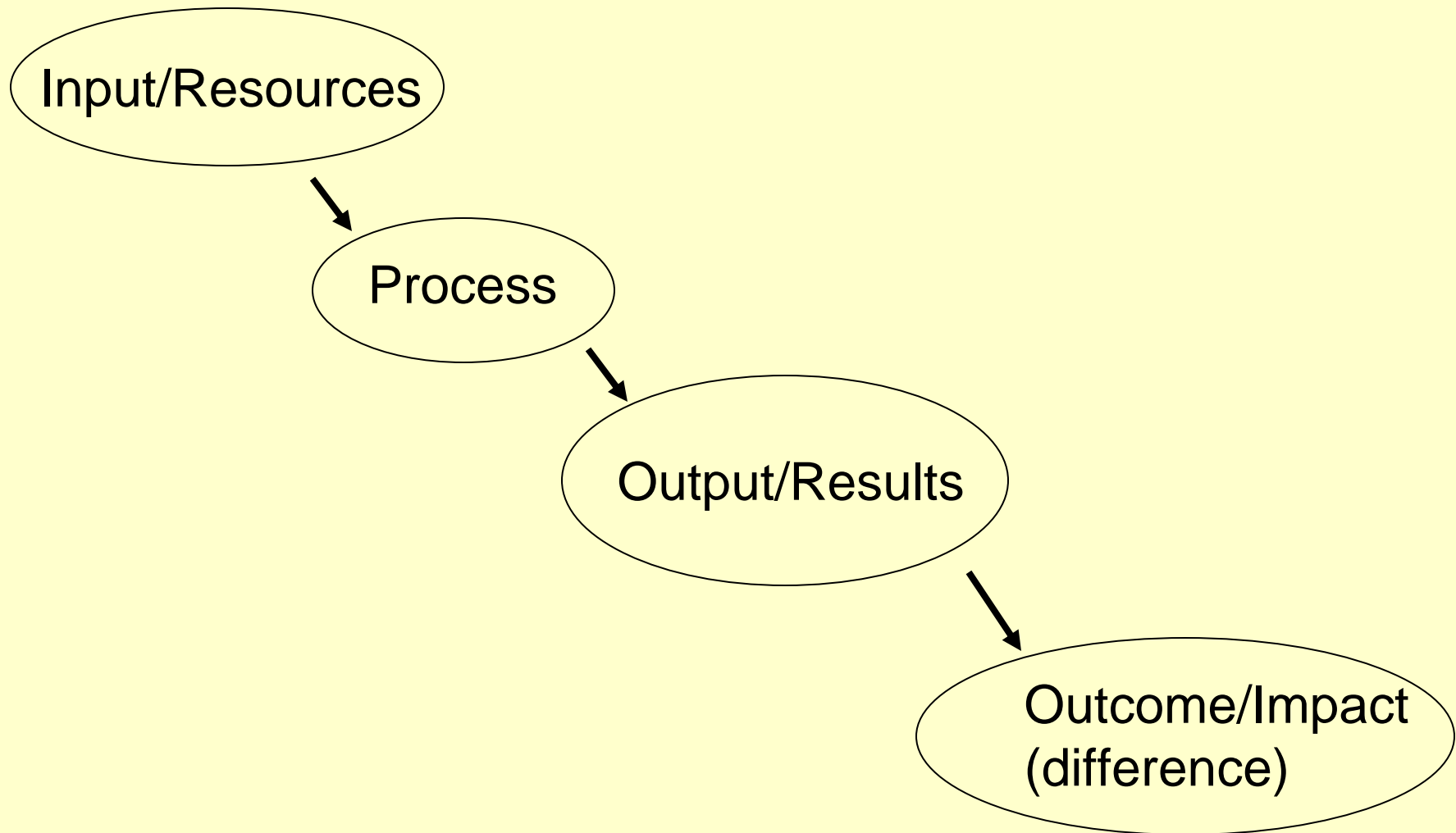
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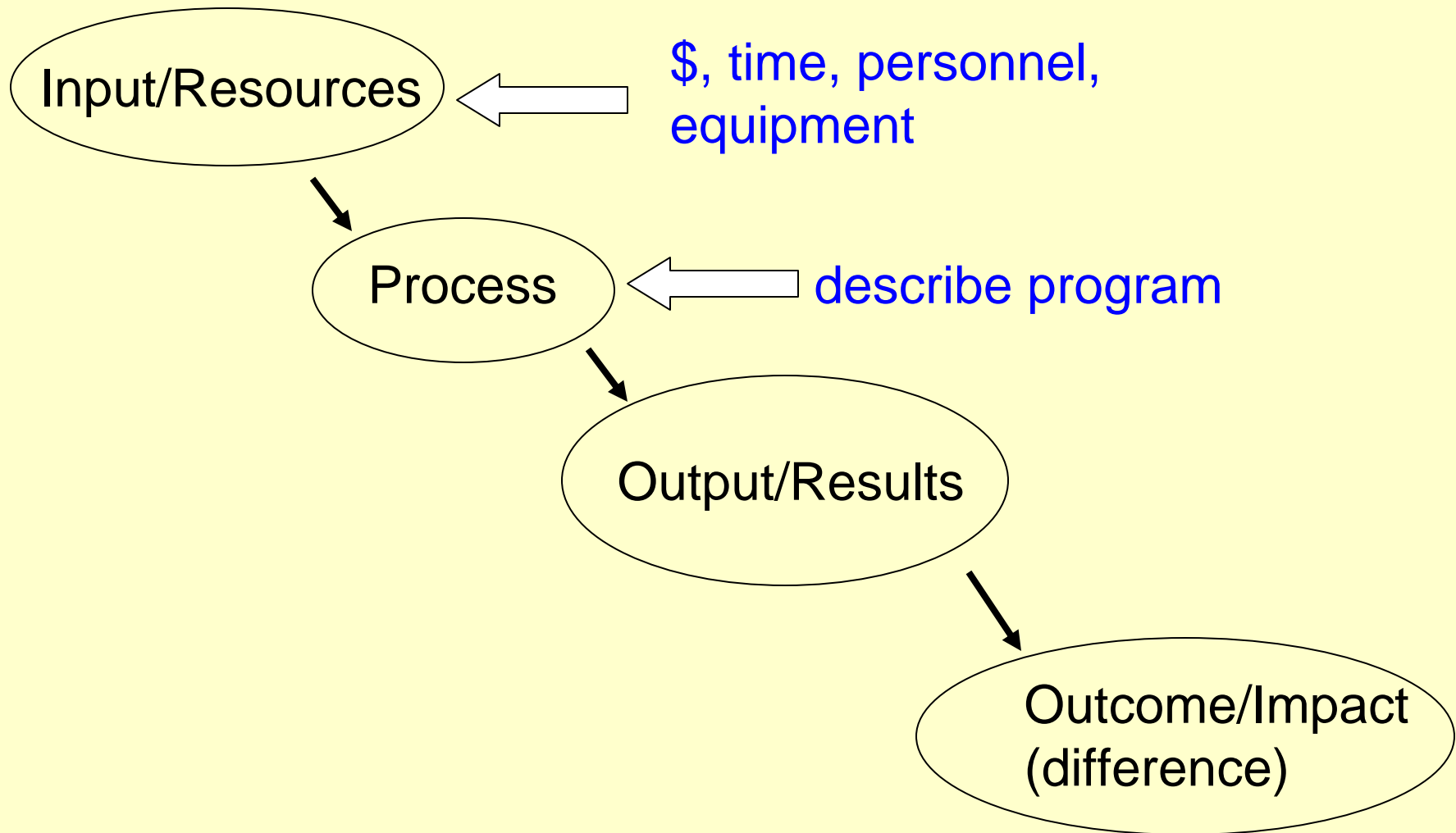
Medicine vs Public Health



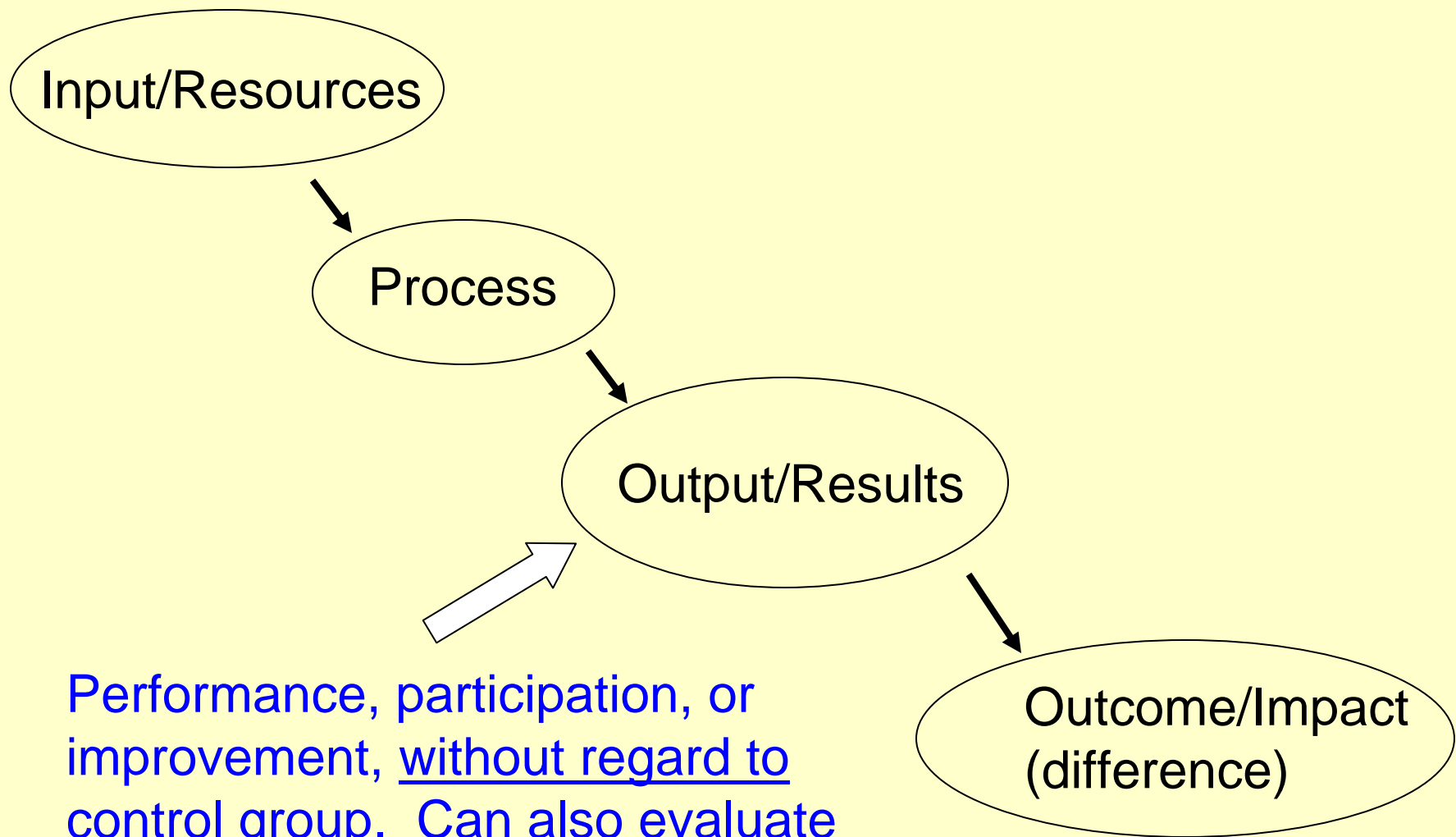
Product Based



Product Based

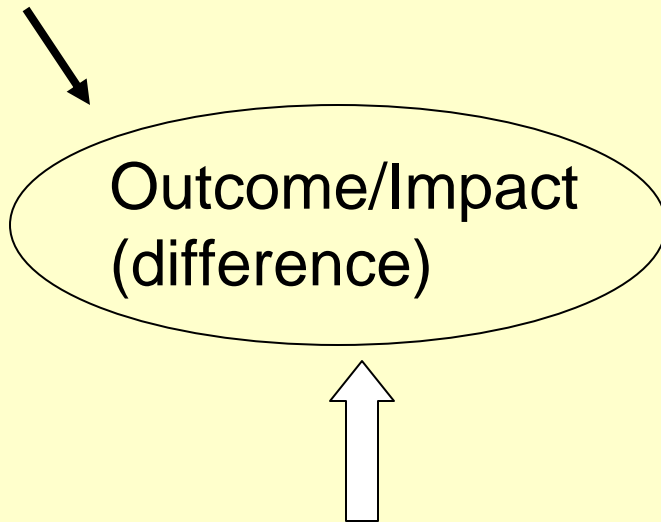


Product Based



Performance, participation, or improvement, without regard to control group. Can also evaluate satisfaction.

Product Based



Your Output vs Control (had you done nothing)

Did you make a **difference**? “Difference” implies relative to something else, the control group.

Contact Us

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- **Website:**
www4.hawaii.gov/eoa/programs/community/healthy_aging.html

- **County**

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- **Honolulu:** 523-4361
- **Maui:** 270-7350 **Hawaii:** 961-8600



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